



# WINGSPAN

132D WING MONTHLY REPORT

## MENTAL HEALTH AWARENESS MONTH

by Jennifer Syed

132d Wing Director of Psychological Health

May is Mental Health Awareness Month, this month let's work together to break the silence and Make It Ok.

Make It OK is an anti-stigma campaign that was created to encourage individuals to talk more openly about mental illnesses. By breaking the silence, we can help our friends, neighbors, loved ones, and colleagues feel understood and supported.

Mental illnesses are surprisingly common. One in five Iowans, from all walks of life, experiences a mental illness each year. But because of the stigma, most people live with their symptoms for 10 years before seeking treatment. This impacts not only those with mental illnesses, but their friends and loved ones, too. Mental illnesses are highly treatable; the sooner people get treatment, the greater their chances of recovery.

How can you help? By speaking up. When we start talking, we realize that mental illnesses are more common and relatable than we think. And more importantly, people experiencing mental illnesses will be treated with respect, acceptance and be more apt to get the care they need.

Many of us don't know how to respond to people when they bring up their mental illness. But the answer is that it can be very similar to what you would say to those who have cancer or heart disease. For example:

- "What can I do to help?"
- "I'm here if you need me."
- "Can I drive you to an appointment?"
- "Things will get better."

Check out Iowa's Make It OK website ([MakeltOk.org/Iowa](http://MakeltOk.org/Iowa)) to learn the facts about mental illnesses; myths, misunderstandings, and misconceptions; and about living successfully with mental illnesses, among other topics.



**"Mata says let's work together to Make it Ok"**





CMSgt Stephanie's Stock retirement ceremony during April Drill.



Crystal Jordan promoted to Chief Master Sergeant over April Drill.



President lands at 132d Wing during visit to Des Moines



SMSgt Gary Burch & MSgt Jacob Parsons meet CMSgt JoAnne S. Bass after being awarded the CCAF Education Section of the Year



For more photos, videos and stories follow the 132d Wing on social media @132dWing



CMSgt Tom Nash's retirement ceremony this past month



Easter egg hunt over April Drill



Brandon Cochran promoted to Lieutenant Colonel this past month



Members of 132d Medical Group traveled to Kosovo to work with the Kosovo Security Force





# LAUGH YOUR WAY TO MARRIAGE

by Ch. Tim Frasher  
132d Wing Chaplain

Would you like to improve your marriage and reduce marital problems? The Chaplain Corps will be hosting the "Laugh Your Way to a Better Marriage (LYW)" Strong Bonds event on 15-17 July, 2022 in Des Moines. LYW is taught by Mark Gungor, who is one of the most sought-out speakers on love and marriage.

During this event we will explore the underlying dynamics of male/female relationships and identify practical solutions to common relationship issues. The best part of this training is Mark's humor which makes this event enjoyably, effective, and memorable. Here is what you can expect:

- The Tale of Two Brains: How men and women are wired differently and why.
- Why Does He/She Do That? Discover what makes your spouse tick.
- The #1 Key to Incredible Sex. Identify five steps to amazing sex.
- How to Stay Married and Not Kill Anyone. Learn how to utilize the "reset button."

This is a hilarious event and will strengthen your marriage and family. In the past, this program has filled up quickly so please register early.

This event is for married couples only, and your spouse must be registered in the DEERS system. Childcare will not be provided.

Please email Chaplain Doty at [david.doty.3@us.af.mil](mailto:david.doty.3@us.af.mil) to reserve your place. The deadline for registration is 17 June, 2022.





## ARRIVALS

A1C	Giles, Johnathan	132 OSS	3-Apr-22
SrA	Coffman, Jacob	132 ISS	15-Apr-22
AB	Solis, Dominic	168 COS	22-Apr-22

## DEPARTURES

Lt Col	Smith, Joshua	WG	1-Apr-22
Maj	McKiney, Crystal	DTOC	1-Apr-22
SMSgt	McConeghey, Aaron	MDG	1-Apr-22
SMSgt	Reed, Tonya	FSS	1-Apr-22
MSgt	Benjamin, Jason	FM	1-Apr-22
SSgt	Foss, Margaret	SFS	1-Apr-22
MSgt	Gasparovich, Paul	CES	2-Apr-22
SSgt	Schmidt, Justice	SFS	6-Apr-22
SSgt	Williams, Emma	FSS	12-Apr-22
SSgt	Tuttle, Andrew	COS	27-Apr-22
SSgt	Lenane, Nickolas	SFS	28-Apr-22
MSgt	Wilson, Karen	WG	30-Apr-22

## PROMOTIONS

CMSgt	Ploeger, Stephanie	132 MDG	1-May-22
CMSgt	Sprott, Chris	132 ISS	15-May-22
SMSgt	Sanders, Gary	132 CE	15-Apr-22
MSgt	Ladurini, Jacob	132 OG	15-Apr-22
MSgt	Mason, Eric	132 OSS	15-Apr-22
MSgt	Gisch, Alyssa	132 DTOC	15-Apr-22
MSgt	King, Ryan	132 LRS	1-May-22
SSgt	Zagar, Andrew	124 ATKS	15-Apr-22
SSgt	Eaton, Camden	132 CF	1-May-22
SSgt	Francis, Marisa	124 ATKS	15-May-22
SrA	Grote, Ethan	168 COS	15-Apr-22
SrA	Bell, Nicholas	132 SFS	1-May-22
SrA	Slanger, Kulea	132 SFS	1-May-22
SrA	Maharry, Adam	233 IS	15-May-22
SrA	Thomas, Benjamin	233 IS	15-May-22
SrA	Bright, Dakota	233 IS	15-May-22
SrA	Dustin, Cole	232 IS	15-May-22
SrA	Schrim, Heather	233 IS	15-May-22
A1C	Cheshire, Brayden	132 FSS	1-May-22
Amn	Melounkpo, Koffi	132 FSS	15-Apr-22
Amn	Plagman, Zachary	132 CF	15-Apr-22



# Drill Weekend

## LUNCH MENU

HOURS: 11-1230

## SATURDAY

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- Santa Fe Chicken
- Pizza
- Rice
- Carrots
- Peas
- Ultimate Grilled  
Chicken Sandwich
- Onion Rings
- Peanut Butter Pie

## SUNDAY

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- Chicken A La King
- Shepards Pie
- Biscuits
- Corn
- Mixed Veggie
- CRISPITOS
- Sidewinder Fries
- Churros

